

ADD-ON TO ANTIDEPRESSANTS AND IMPROVES MOOD AND REDUCE STRESS & ANXIETY IN HEALTHY ADULTS

affron®

Claims

- **AFFRON®** (Saffron extract) helps to maintain a state of relaxation and mental and physical well-being. Helps to maintain a good mood.
- B12 contributes to normal psychological function, contributes to normal functioning of the nervous system reduces tiredness and fatigue.
- Zinc helps maintain cognitive functions and contributes to the protection of cells from oxidative stress

References

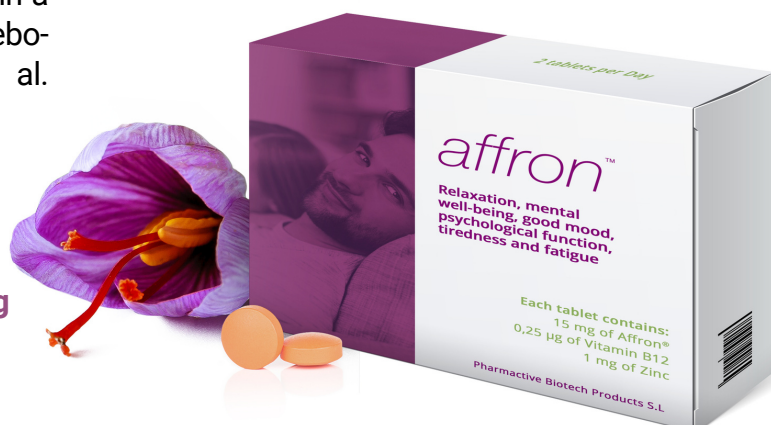
- Efficacy of a standardised saffron extract AFFRON® as an add-on to antidepressant medication for the treatment of persistent depressive symptoms in adults: a randomized, double-blind, placebo-controlled study. Lopresti A., et al. Journal of Psychopharmacology 2019 :
- Efficacy of Curcumin, and a saffron/curcumin combination for the treatment of major depression: a randomized, double-blind, placebo-controlled study. Lopresti A., et al. Journal of Affective Disorders 2017
- Affron® a novel saffron extract (*Crocus sativus* L.) improves mood in healthy adults over 4 weeks in a double-blind, parallel, randomized, placebo-controlled clinical trial. Kell G., et al. Complementary Therapies in Medicine

Posology

2 tablets per day: 1 in the morning, 1 in the evening

Formula

Ingredient	Dose / tablet	Dose / 2 tablets	RDD
AFFRON®	15 mg	30 mg	-
VITAMIN B12	0,25 µg	0,5 µg	20%
ZINC	1 mg	2 mg	20%



These information are intended only for health professionals and operators of the food supplement sector.